

List of Core Emotions*

Anger	Happy
Anxious	Humiliation
Belonging	Hurt
Blame	Jealous
Curious	Joy
Disappointed	Judgment
Disgust	Lonely
Embarrassment	Love
Empathy	Overwhelmed
Excited	Regret
Fear Scared	Sad
Frustrated	Shame
Gratitude	Surprised
Grief	Vulnerability
Guilt	Worried

*This list is based on current data. Brené is doing new research on emotional literacy right now so expect an updated list this year.



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